

Ever wished you knew what to do when you saw someone being bullied, harassed, or harmed? The Wakefield Human Rights Commission and Wakefield Alliance Against Violence are co-sponsoring a Training Active Bystanders (TAB) workshop for residents of the Wakefield area on October 6, 2021. TAB is a skill-building process intended for anyone ages 16 and above that helps participants know when they are bystanders, analyze situations, and evaluate consequences. TAB gives bystanders the competencies to create action plans in the moment of need or later. Active bystandership means taking responsible action to help people in need, instead of remaining passive and becoming complicit. It does not mean aggression against the harm doer. TAB is also about responding positively to helpful behaviors, and engaging with people beyond your normal circle.

The TAB workshop covers the following:

- Defines the roles of individuals involved in a harmful situation (target, harm doer, bystander) and assists participants in discovering the positive power of bystanders;
- Discusses the universal inhibitors that lead to inaction on the part of bystanders and witnesses when harmful actions are going on and how to overcome them;
- Examines the promoters of active bystandership (moral courage, inclusive caring, responsibility for others, reciprocity and self-interest, empathy);
- Stresses safety and non-violence and helps participants, working together, to develop their own intervention techniques;
- Helps participants create action plans to break the inhibitors in the future when they encounter harm doing.

Join us for this informative and empowering training. Registration is required through eventbrite as space is limited: [shorturl.at/tuyPY](https://www.eventbrite.com/e/tuyPY) Once you have registered you will receive a link to join the training.